



Wellness Events & Info

Check pages 2-6 for wellness-related events in these areas:

Ann Arbor, Brighton, Canton

- Healthy lifestyle education classes

Bay City & Flint

- Healthwise Univ community ed classes
- Oh, My Aching Back - **Dec 7th**

Coldwater

- Free Grocery Shopping Tours - Mondays

Detroit

- Motown in Motion
- Community health, wellness & fitness classes
- "Aim Hi" & "Promoting Healthy Eating..."

Farmington Hills

- Botsford Health Care Continuum programs

Grand Rapids

- Year-round Walking Program
- Year-round Cardiovascular Screening

Lansing

- Mid-MI on the Move
- Comm. Education & Fitness Programs
- Blood Pressure Screening, Diabetes Ed, Yoga

Marquette

- Health and wellness information

MidMichigan

- Health Education Classes & Screenings
- Steps to Healthy Living - **Weds., Dec 1-22**

Petoskey

- General Health Screenings - **Dec 2nd**
- Diabetes & Stroke Support Groups

Rochester

- Health Education Programs

Roscommon

- Activities & Fitness Center

Traverse City

- Healthy lifestyle programs

U.P.

- Fit UP - Healthy Living in the U.P.

West Branch

- Four Months of Frigid Fitness - **til Mar 10th**

Dec
5-11

National Handwashing Awareness Week

Prescription For A Healthier Michigan

Runs, Races

More Runs, Races & More Runs, Races

Walk Michigan

Walking Events

"The Employee Services Program provides assistance for a wide range of issues, including emotional difficulties, substance abuse, job performance problems, workplace conflicts, family problems and financial difficulties."

[Click](#) to link to ESP website

Interactive
Web-based
Service!
Systematic
Stress
Management

☐ November Health Observances

State HMO/PPO

- ☐ Weight Management Programs
- ☐ Smoking Cessation Programs



Ann Arbor, Brighton, Canton

Healthy Lifestyle Education Classes

...and the Beat Goes On

"...and the Beat Goes On" is a series that looks at the many aspects of cardiovascular disease including treatment, nutrition, exercise, stress, coping and understanding medications.

Where?

- Health Stop, Briarwood Mall, Ann Arbor
- Michigan Heart & Vascular Institute, Ann Arbor
- Saint Joseph Mercy Canton Health Center, Canton
- Saint Joseph Mercy Woodland Health Center, Brighton

Registration and Fee

Registration is not necessary and walk-ins are welcome. Class **fee is \$5** and is payable at the time of the class, or free if referred by a medical professional. For additional information, please call (734) 712-3583.

Michigan Heart and Vascular Institute

http://www.mhvi.org/programs_support/edu_classes.asp

Bay City & Flint

Ingham Regional Medical Center & affiliate organizations

Oh, My Aching Back!

Dec 7th

6:30 pm - 8:00 pm

Lincoln Center, 820 South Lincoln, Bay City

Contact: (989) 667-6600

Cost: **Free** of Charge

Learn about the risk factors associated with back pain, back anatomy, and safe lifting techniques. Suggestions will be given on how to perform common daily activities in a "back smart" way. Learn about the risk factors associated with back pain, back anatomy, and safe lifting techniques. Suggestions will be given on how to perform common daily activities in a "back smart" way. Presented by: Lisa Wolf, Physical Therapist, MS and Jeananne Voss, Physical Therapist, MS

Healthwise University

Community Education

Bay City Employees:
Call (989) 894-3936
for class info.

Flint Employees:
Call (810) 342-5353
for class info.

Farmington Hills

Botsford Health Care Continuum Community Health-related Programs

The Solution Weight Loss Program

Educational weight loss training program

Includes **free** orientation session

Call (248) 477-6100 for appointment

Blood Pressure Screening - Free

2nd Monday every month. 1-4 p.m.

Botsford General Hospital, Main Lobby

Cholesterol Screenings - Fee required.

Call (248) 477-6100 for information.

Foot Screenings - Free

Tues. & Fri., 8:30 - 12 p.m.

Call (248) 473-1320 for appointment

Walking Clubs

Livonia Mall & Northland Mall

Call (877) 442-7900 for information

Free blood pressure provided to walkers by
Botsford General Hospital on selected days.

For a list of classes call (248) 477-6100

www.botsfordsystem.org

Motown in Motion

"Motown in Motion is a community awareness program of the Greater Detroit Area Health Council (GDAHHC). The Health Council is a regional coalition dedicated to improving health care quality, access and cost in southeastern Michigan with an end result of improving community health status."

<http://www.motowninmotion.org/>

Rochester

Crittenton Hospital Medical Center

offers health education programs and services,

http://www.crittenton.com/health_education.htm

Community Health & Education Department

(248) 652-5269 from 8 a.m. to 4:30 p.m.,

Monday through Friday



Detroit

"AIM HI" For A Healthy Lifestyle

Ongoing

Health screening for diabetes, hypertension, cholesterol, glaucoma, and diabetic retinopathy, fitness and nutrition education classes, consultations with a fitness trainer, hypertension and cholesterol classes, diabetes self-management classes.

Locations:

AIMHI Eastside Health Resource Center, Tues. & Thurs. 8:30AM-5:00PM, Fri.

8:30AM-12:30PM, 3360 Charlevoix, Detroit, MI 48207 Phone: 313-921-8207

AIMHI Westside Health Resource Center, Mon. & Wed. 8:30AM-5:00PM, Fri.

1:00PM-5:00PM, 21551 Fenkell, Detroit, MI 48223 Phone: 313-592-4838

Sponsor: Henry Ford Health Systems

Cost: Free

For More Information: Call 313-921-8207 or 313-592-4838,

or call SouthEast Michigan Diabetes Outreach Network at 313-965-2351

<http://www.diabetesinmichigan.org/eventdisp.asp?Don=SEMDON&EType=1>

Promoting Healthy Eating in Detroit (PHED)

Ongoing

PHED conducts Healthy Eating Demonstrations, Mini-Markets (where fresh produce is available at wholesale prices), and Physical Activity Events regularly. Their monthly newsletter gives details regarding these.

PHED is a collaboration between community-based organizations, the City of Detroit Dept. of Health and Wellness Promotion - Nutrition Division & Eastside Village Health Worker Partnership, the REACH Detroit Partnership, and the University of Michigan Schools of Public Health and Social Work. It is a Detroit Community Academic Urban Research Center-affiliated project, funded by the U.S. Centers for Disease Control and Prevention.

Sponsor: See Above

Location: See Brochure <http://www.diabetesinmichigan.org/brochure/PHED.pdf>

Cost: N/A

For More Information: For information on food demonstrations and/or mini-markets, call Teretha Hollis-Neely at (313) 876-4444. For information on the Physical Activity events, call REACH Detroit Partnership at (313) 874-7131; or see brochure

<http://www.diabetesinmichigan.org/eventdisp.asp?Don=SEMDON&EType=1>



Lansing

Free Community Education & Screening Programs

Dawe Auditorium - Ingham Med Center
At Ingham Regional Greenlawn Campus
www.irmc.org

On-going: Free Yoga Classes Thursdays 4 p.m.

For more information call (517) 367-5159

Programs are "offered at Ingham Regional Medical Center in Lansing as well as by our affiliate organizations in Bay City, Flint and Lapeer." Check for health education and wellness classes, research, blood pressure screenings, health screenings and early detection programs:
Healthwise University [class list](#)
Ingham Regional Medical Center & affiliate organizations

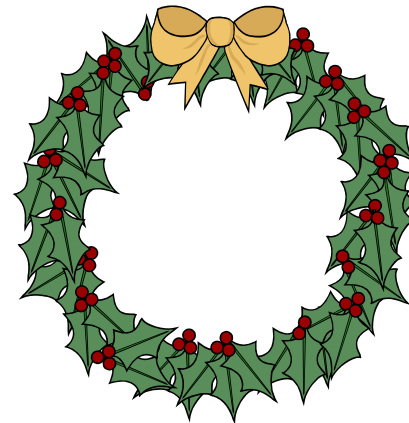
Mid-Michigan On the Move

CommunityPartnersinHealth
For info, check www.wlns.com

50-Plus Fitness Workout

Every Monday, Wednesday, & Friday
8:30-9:30 a.m.

<http://www.msualum.org/evecoll/fitness.cfm>



Sparrow Blood Pressure Screening

Every Weds 8am - 9:30am
Lansing Mall Food Court

1st & 3rd Weds of monthly 8am - 9:30am
Meridian Mall Food Court

Sparrow Diabetes Center Diabetes Education Outpatient Classes

Sparrow Professional Building,
Suite 340, 1200 E. Michigan Ave., Lansing.

For more information on classes and cost, please call
the Sparrow Diabetes Center at 517.364.5955.

Sparrow Community Health Education and Fitness Programs

2004 News & Events



Do you feel depressed for most
of the winter? Read more about
Seasonal Affective Disorder

Try to get out for 30 minutes
a day when the sun is shining
or
inquire about artificial
full-spectrum lighting options.

Coldwater

Grocery Shopping Tours

Mondays - Ongoing

Stroll through a grocery store with a Registered Dietitian and Certified Diabetes Educator and learn how to read food labels, make healthy choices, and an opportunity to ask all those questions you have wanted answers to.

Sponsor: Southern Michigan Diabetes Outreach Network (SODON)

Location: Varies. Call SODON at 517-279-2267 or 800-795-7800 for a location near you.

Cost: No Charge!

Grand Rapids

YEAR-ROUND EVENT

Cardiovascular Screening

Provided by healthcare professionals including cholesterol, blood pressure, hemoglobin, urine tests, and cancer prevention counseling.

Time and dates by appointment only!

Sponsor: Catherine's Care Center

Location: 224 Carrier St. N.E. Grand Rapids

Cost: Free to seniors 60+ years

For More Information: Call (616) 454-7900

diabetesinmichigan.org

Grand Rapids

Year Round Walking Program

Mondays & Thursdays

Seniors but others are also welcome!

Sponsor: Creston Neighborhood Association

Location: Kent Hills Elementary

1445 Emerald NE Grand Rapids, MI

Cost: No charge

For more information call

Dave Mossburger at 616/454-7900

diabetesinmichigan.org

Midland

MidMichigan Health

Steps to Healthy Living: Reduce Your Diabetes Risk

MidMichigan Medical Center-Midland
Plane Tree Cafe-Private Dining Room
Midland

Dec 1st 7:00 PM - 8:30 PM

Dec 8th 7:00 PM - 8:30 PM

Dec 15th 7:00 PM - 8:30 PM

Dec 22nd 7:00 PM - 8:30 PM

Diabetes affects 18 million Americans. Risk factors include:

- family history of the disease
- overweight
- inactivity

Steps to Healthy Living is a four-week weight-management and exercise group program for individuals who are at increased risk of developing Type 2 diabetes. Participants will use a pedometer to monitor their exercise progress during class and the last class includes a Grocery Store Tour. Don't wait for symptoms to strike, with the help of a certified diabetes educator you can make healthy living changes to last a lifetime. Space is limited

Cost: \$ 25

Registration: Please call the MidMichigan Health Line at (800) 999-3199 with your reservation.

<http://www.midmichigan.org/>

MidMichigan Health

Health Education Classes

Click for class listings

MidMichigan Health Line

1 (800) 999-3199



Marquette

Marquette General Hospital
Health & Wellness Info
<http://www.mgh.org>

Petoskey

General Health Screenings
December 2nd
7:00 - 10:00 am

The first Thursday of every month. Screening includes: height, weight and body composition (body fat) measurements, total cholesterol, HDL and blood sugar testing, blood pressure check and health risk questionnaire. No appointment is required.

Location: Dean C. Burns Community Health Education Center, 360 Connable Ave.
Cost: \$15 (\$10 - Senior Advantage Members).
Contact: HealthAccess @ 1-800-248-6777

Diabetes Ongoing Learning Group
(Support Group)
Second Monday of each month
7:00 pm

Location: Dean C. Burns Community Health Education Center, 360 Connable Ave.
A support group for patients with diabetes and their family members. Guest speakers periodically present the latest information related to diabetes.
Contact: HealthAccess @ 1-800-248-6777

Stroke Support Group
1st and 3rd Tuesday of the month
1:00 - 2:00 pm
Free

A support program for patients and families.
Location: Northern Michigan Hospital second floor Acute Rehab Conference Rm
Contact: HealthAccess @ 1-800-248-6777

Northern Michigan
Wellness Classes & Events



Roscommon

**Community Recreation,
Activities and Fitness Center**
606 Lake Street, Roscommon, MI 48653
Phone: (989) 275-4975
Activities & Classes

Traverse City

Munson Health Care
www.MunsonHealthCare.org

Grand Traverse Mall
Munson Medical Center's Vital Choice
Free Healthy Lifestyle Programs
(231) 935-6449
When: Last Wednesday of the month
Where: Grand Traverse Mall's Community Room

Munson Community Education Calendar

http://www.munsonhealthcare.org/cgi-bin/WebObjects/mhc_woa/wa/PatientEdBA/Find?month=October+2004

U.P. Healthy Living in the U.P.

For Info, e-mail George Sedlacek
at gsedlacek@hline.org
(906) 475-9312
Negaunee, MI
www.fitup.org

West Branch
Four Months of Frigid Fitness
November 10, 2004 to March 10, 2005

Presented by: The Walkable West Branch Coalition.
This will be a physical activity incentive program. All persons with diabetes, family and friends as well as professionals may participate. Will run from November 10, 2004 to March 10, 2005.

Sponsor: Rainsoft
Cost: None. Registration required.
To Register: Contact West Branch City Hall, West Branch, MI
www.diabetesinmichigan.org

State HMO & PPO Programs

The following PPO and HMOs offer programs for Weight Management:

[BCBSM PPO](#)

[BCN catalog](#)

[Care Choices](#)

[Grand Valley Health Plan](#)

[HAP](#)

[HealthPlus](#)

[M-Care](#)

[PHPMM](#)

[PHP Jackson](#)

[Priority Health](#)

The following PPO and HMOs offer programs for Smoking Cessation:

[BCBSM PPO](#)

[BCN catalog](#)

[Care Choices](#)

[Grand Valley Health Plan](#)

[HAP](#)

[HealthPlus](#)

[M-Care](#)

[PHP Jackson](#)

[Priority Health](#)

If your HMO is not listed above, click [here](#) and go to your insurance carrier's website, or call your carrier for information on weight management and smoking cessation.

[Walking Works](#)



December 2004 National Health Observances

Month Long Observances

National Drunk and Drugged
Driving Prevention (3D) Month
National Commission Against
Drunk Driving
www.ncadd.com

Safe Toys and Gifts Month
Prevent Blindness America
www.preventblindness.org

Day and Week-long Observances:

**Free
Fit Kit**



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World AIDS Day

American Association for World Health
www.thebody.com/aawh/aawhpage.html

5 - 11

National Aplastic Anemia Week

Aplastic Anemia
and MDS International, Inc.
www.aamds.org

5 - 11

National Handwashing Awareness Week

www.henrythehand.com

If you or a
family member
are high-risk:



**Look
for flu
shot
opportunities**

WELCOA BULLETINS
Wellness Councils of America

Better Safe
Invisible Killer

Day In & Day Out
Creativity

To Your Health
Matters of the Heart

